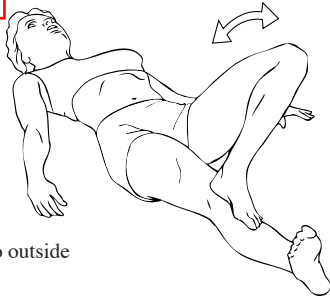


Simple and Safe Core Stabilization

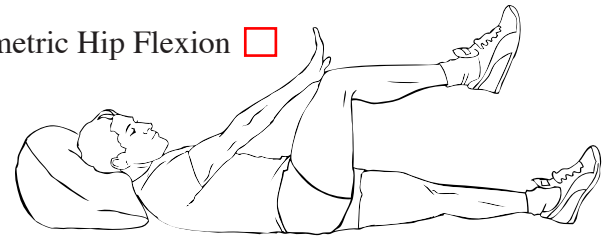
Hip FABER Position



Cross leg over knee and lower leg to outside

Hold _____ min.
Do _____ Sessions / day.

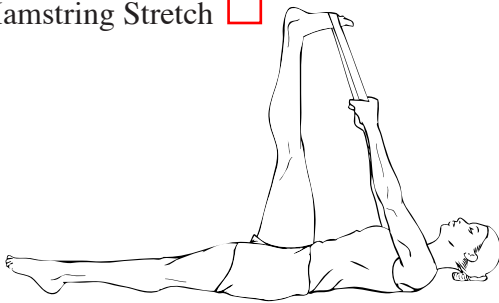
Isometric Hip Flexion



Tighten stomach muscles and raise knee to outstretched arm. Gently push, keeping arm straight and trunk rigid.

Hold _____ seconds. Repeat _____ times on each side.
Do _____ Sessions / day.

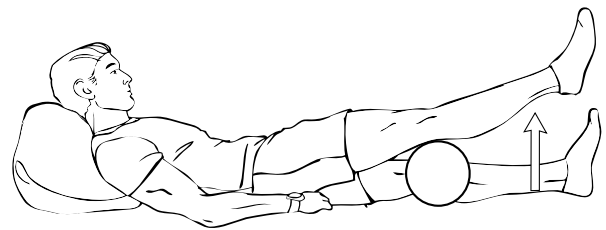
Supine Hamstring Stretch



Lying on your back, use the strap to help lift your leg. Keep your knee straight. Pull your toe back and feel the stretch in the back of your leg

Repeat _____ times. Do _____ Sessions / day.

Short Arc Quad



Bend knee over rolled towel, straighten knee by tightening on the top of the thigh. Keep the bottom of the knee on the towel.

Hold 5 Seconds , Repeat _____ times. Do _____ times / day.

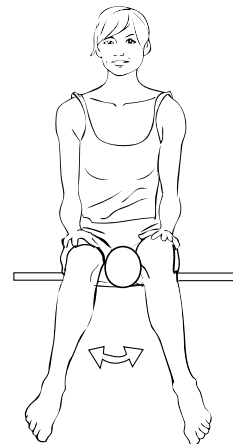
Hip External Rotation



Lie on your side, lift the knee with your feet pressed together (we call this the " clam") Careful! Do not twist the spine.

Hold _____ seconds. Repeat _____ times.
Do _____ times / day.

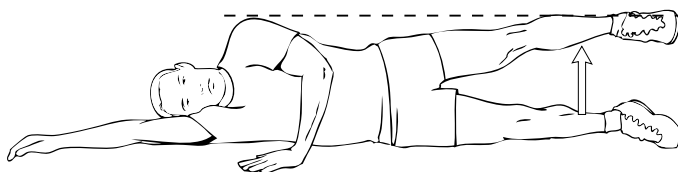
Hip Internal Rotation



Sitting upright with legs free from floor, squeeze towel roll between knees, rotate lower legs outward 8-10 inches.

Hold _____ seconds. Repeat _____ times.
Do _____ Sessions / day.

Side Lying Hip Abduction



Lying On the side tighten muscle on the side of thigh, then lift leg 8-10 inches.

Hold _____ seconds. Repeat _____ times.
Do _____ Sessions / day.

Trunk Rotation in Side lying



Lay on your side Roll back with your shoulder blade. Don't twist your lower back

Repeat _____ Repitions / set. Do _____ Sets/session.
Do _____ Sessions / day.